

ABSTRACT OF THE DISCLOSURE

An improved bearing for use in movable sockets and suspension joints. The improved bearing is annular, having an outer dimension sized to seat within the housing of a suspension joint or movable socket. An inner surface of the bearing is configured to receive the head of an articulating stud within the housing. Three or more radial slots are disposed on the inner surface. Each radial slot disposed on one-half of the bearing inner surface has a unique radial dimension, such that the radial slots are optimally configured to minimize stress and stiffness within the improved bearing, whereby the bearing can be seated within the housing in a radially and rotationally locked configuration, but remain movable in an axial direction.